



How do I get involved in research as a survivor of human trafficking and modern slavery?

Jeanet Joseph, Peer researcher
Modern Slavery Core Outcome Set

What is research?

Research is something that we do in our day-to-day life to find answers to things that we don't know but would like to know about.

For example, if you want to go to another city and you don't know how to get there, you need research to find out what transport you can use, what times it leaves and how much it costs. Research is all about finding answers and how we going to find them.

Who can do research?

Anyone can do research!

You don't need a degree or any sort of skills or education qualifications to do research. All you need is curiosity, determination, motivation, and a willingness to learn something new.



How is research done?

Research is done by asking a question and having a way of finding out the answer. For example, if you want to know what mental health means for survivors, you can read books, articles and any other information you can get, and do your own research. Here is a step-by-step guide from the [Virtual Library](#) to help you.



What are your rights during research?

There are rules and guidelines that should be used by the researcher team. These are called research ethics. Below are some important parts of research ethics.

Reducing harm

Ethics should make sure that no harm comes to participants. Harm does not just mean physical harm; it also means psychological harm. For instance, sensitive questions may trigger negative emotions around past experiences, shame or anxiety. If this happens, the researcher should have someone you can talk to, just to make sure you feel safe and ok.

Informed consent

Every researcher must get informed consent from all participants. This means that participants should read and understand a consent form. If you do not understand you can reach out to the researcher to get a better understanding before signing.

Right to withdraw

Participants must have the right to withdraw from the research. This means that you can leave the research at any time if you don't feel comfortable or you just don't want to do it anymore.

You can leave even after you have signed the consent form. You can withdraw your words, interviews, data provided, even if the researcher has already recorded it. Your data and input should be removed from the project immediately if you withdraw.

Anonymity

All researchers must respect their participants privacy. This means that all your information such as name or email address will and should be handled properly and kept secure. However you can use a fake name if you don't feel comfortable using your real name as a survivor.

Confidentiality

All your information should be kept safe. Nothing will be published that will identify you, such as your name and address. Everything that you share will be kept confidence between you and the researcher. However, your information will be shared if you at risk of hurting yourself or anyone else.

How can I get involved with research?

As a survivor if you want to get into research, you can be a participant, advisory board member or peer researcher, whichever you think works best for you. Whatever you choose, you can decide what information is important or relevant to the study as a survivor.

Being an advisory board member or peer researcher helps you:



- ✓ Gain knowledge and life experience
- ✓ Meet other survivors
- ✓ Gain confidence
- ✓ Get new skills that you can use in your day-to-day life, for example time management and prioritisation

You should also get a certificate that will look good on your CV.

What is my experience as a survivor involved in research?

As a survivor, I have been a part of the Modern Slavery Core Outcome Set project. I've been a participant, advisory board member and a peer researcher. I feel more confident, have met other survivors, learnt to prioritise my time, and answer emails. I've also made important changes to the research. I feel that if wasn't for survivors this study, it wouldn't be possible.



If you need further information and like to contribute to our Modern Slavery Core Outcome Set research project, please visit our website on www.mscos.co.uk or email us on mscos@kcl.ac.uk.



You can also join Survivor Alliance who are our project partners and consult on research projects. Their website is www.survivoralliance.org and their email is info@survivoralliance.org.

